



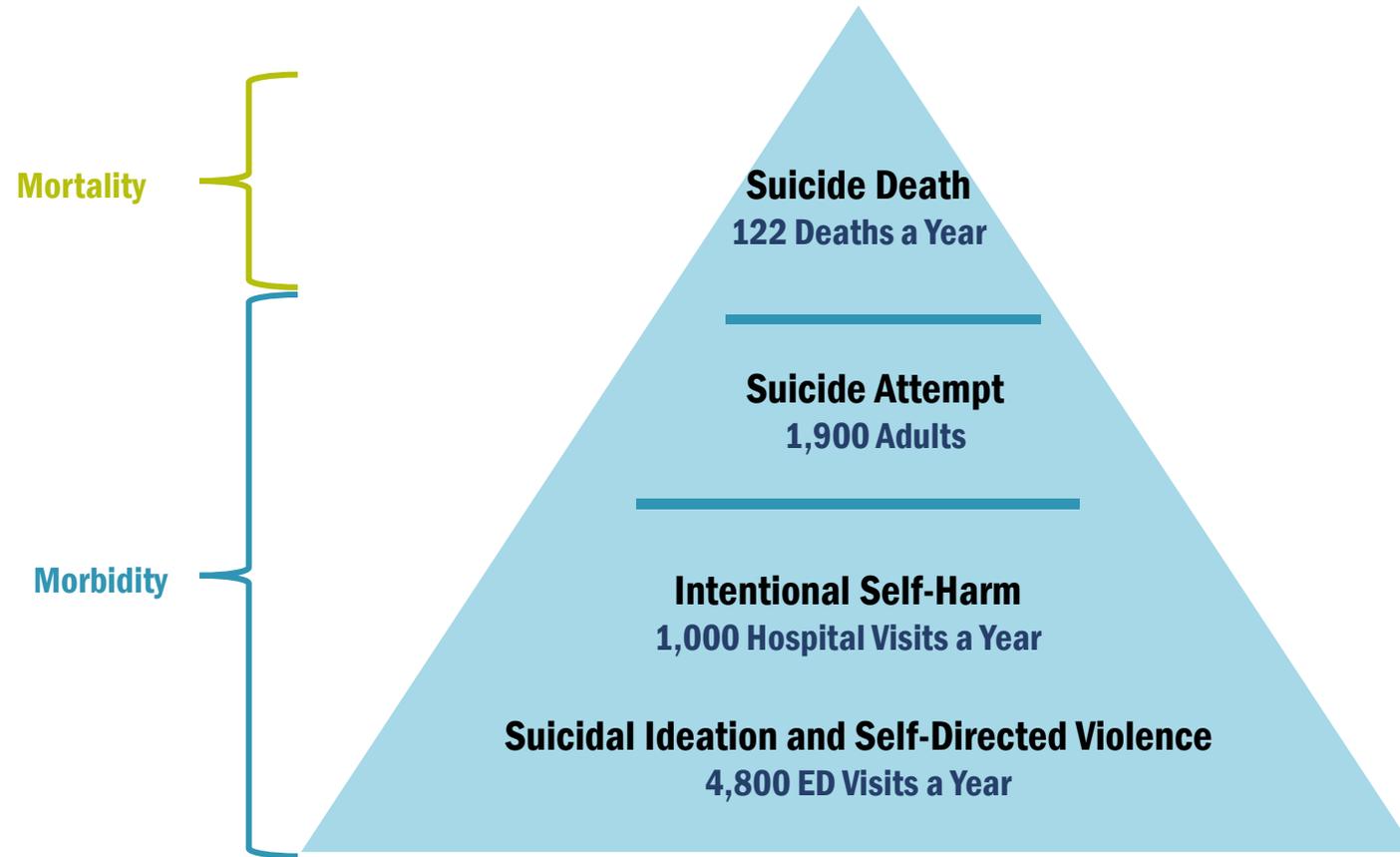
Suicide in Vermont Suicide Prevention Programs

Caitlin Quinn, Public Health Analyst

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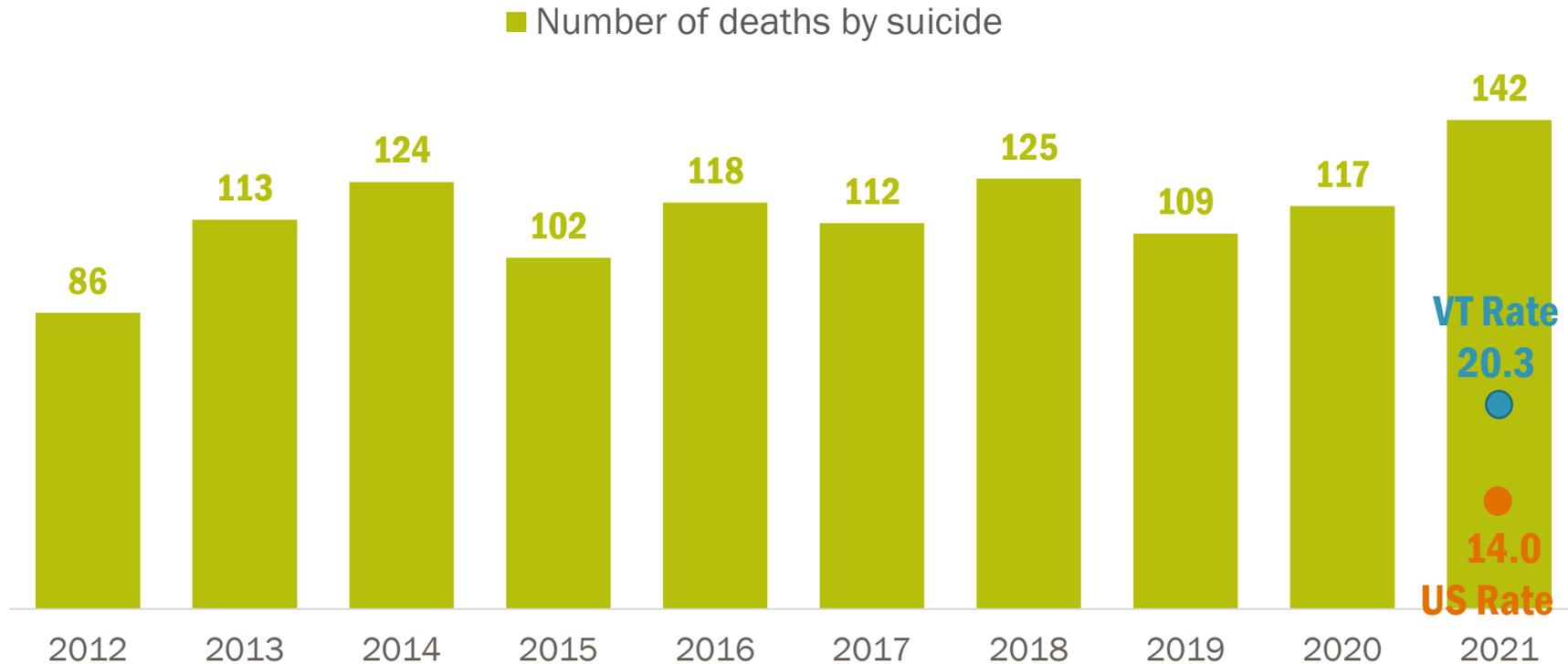
February 9, 2023

Suicide in Vermont



Source: ESSENCE, 2021; BRFSS 2018; Vermont Vital Statistics 2019-2021, VUHDDS 2019-2020.

Suicide in Vermont is Increasing and is Higher Than the U.S.*

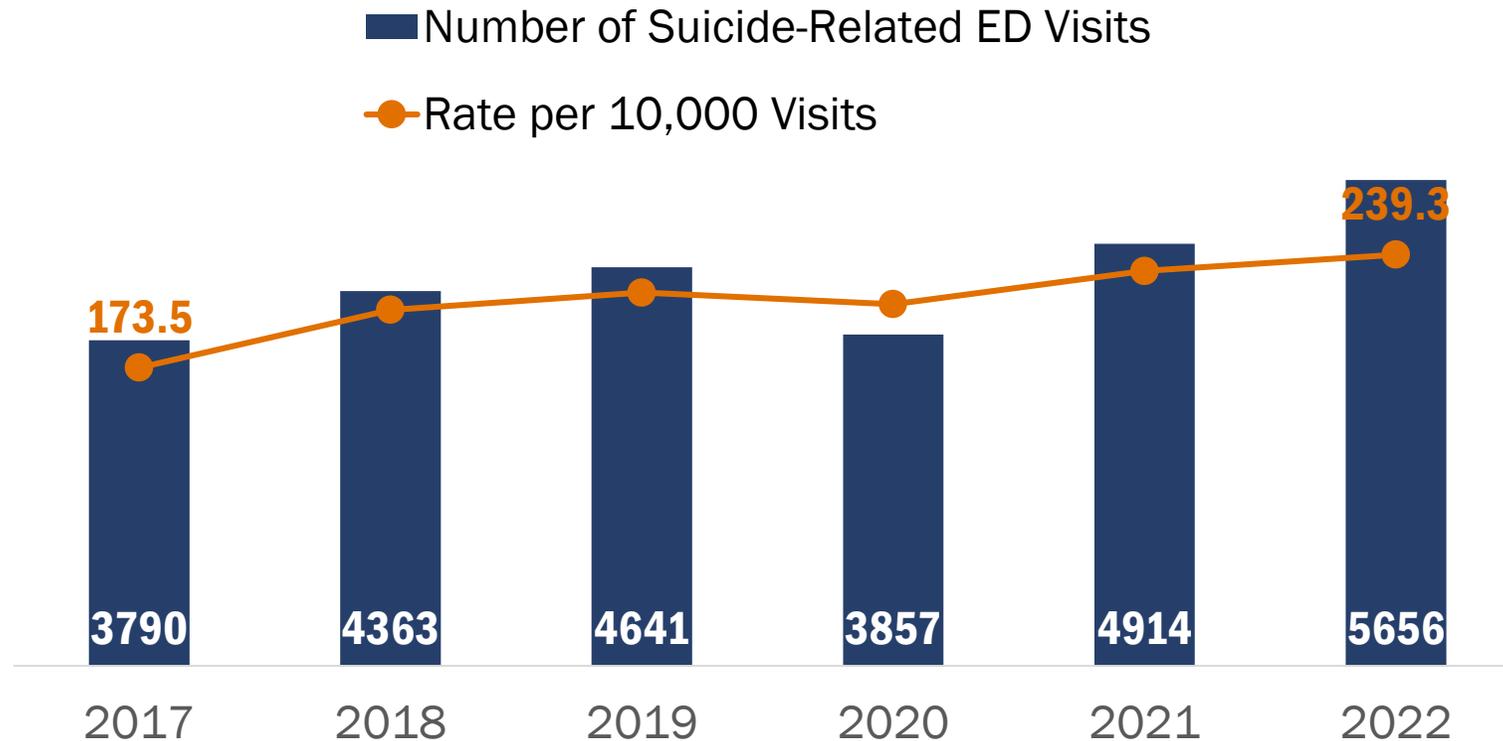


Rates are age adjusted to the 2000 population

*Vermont's rate in 2021 is significantly higher than the US.

Source: Vermont Vital Statistics, 2005-2021. ^2021 data are preliminary.

Suicide-Related Emergency Department Visits in Vermont are Increasing.*



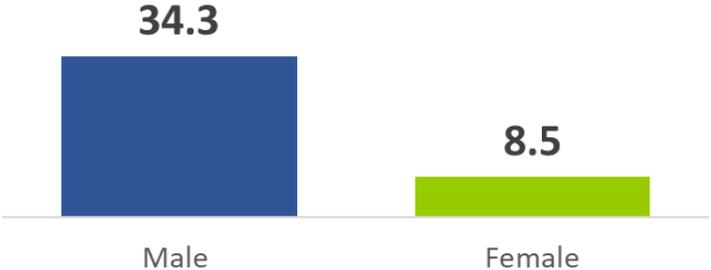
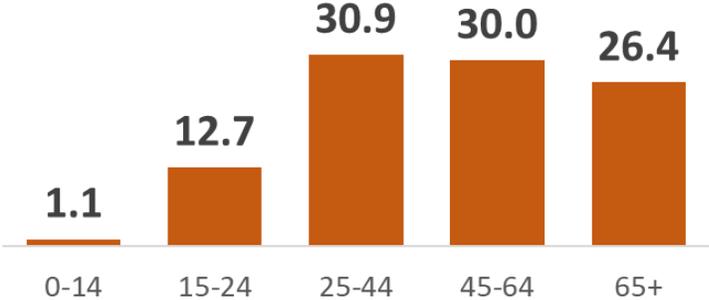
Please note the number of suicide-related ED visits is influenced by the number of hospitals reporting in ESSENCE.

Source: Electronic Surveillance System for the Early Notification of Community-Based Epidemics, 2017-2021.

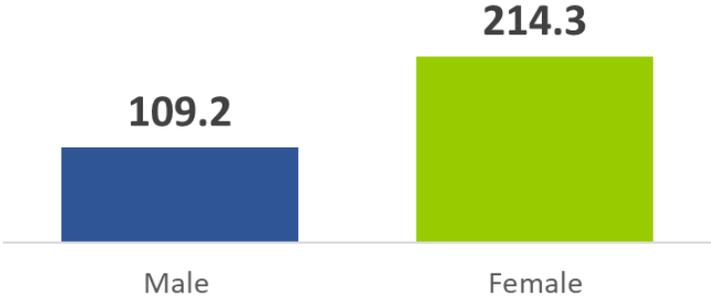
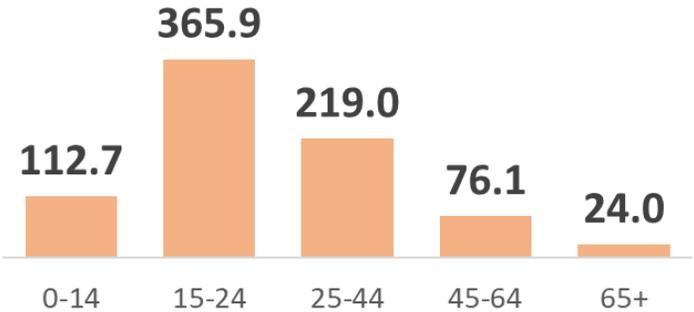
Vermont Department of Health

Suicide Death: Adults 25 and Older, Males Self Harm: 15-24 Year Olds, Females

Suicide Death by Age and Gender

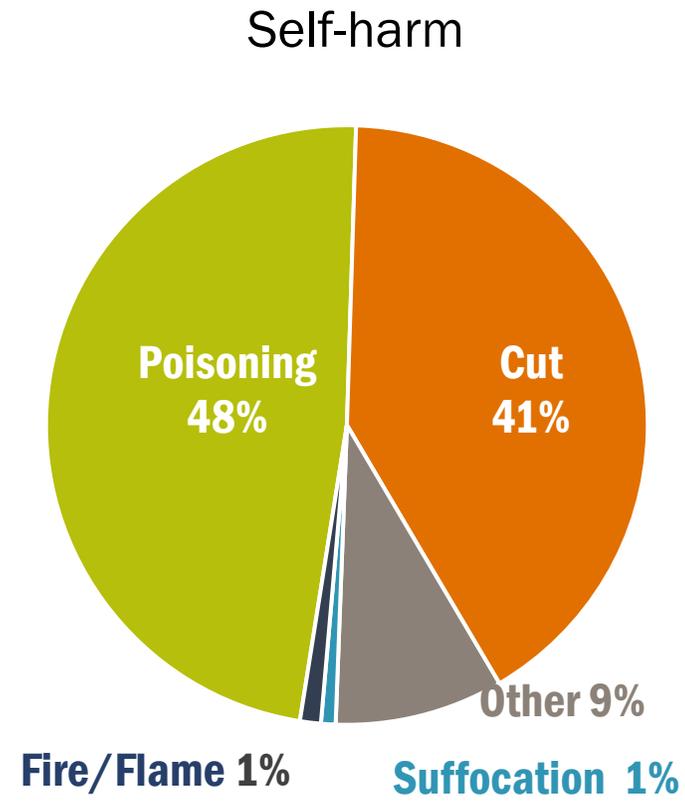
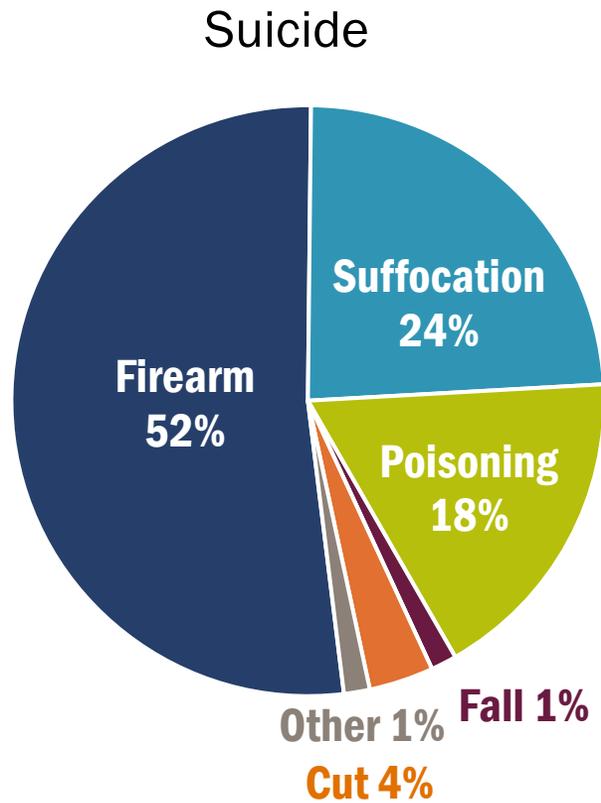


Self-Harm by Age and Gender



Source: Vermont Vital Statistics, 2021 preliminary. VUHDDS, 2020. rates per 100,000 Vermonters.
Vermont Department of Health

The means of intentional self-harm are suicide are different.



Populations at Risk

Males

80% of all suicides
41% experiencing a
crisis at time of death

Rural

80% of all suicides
Less likely to have mental
health treatment at death

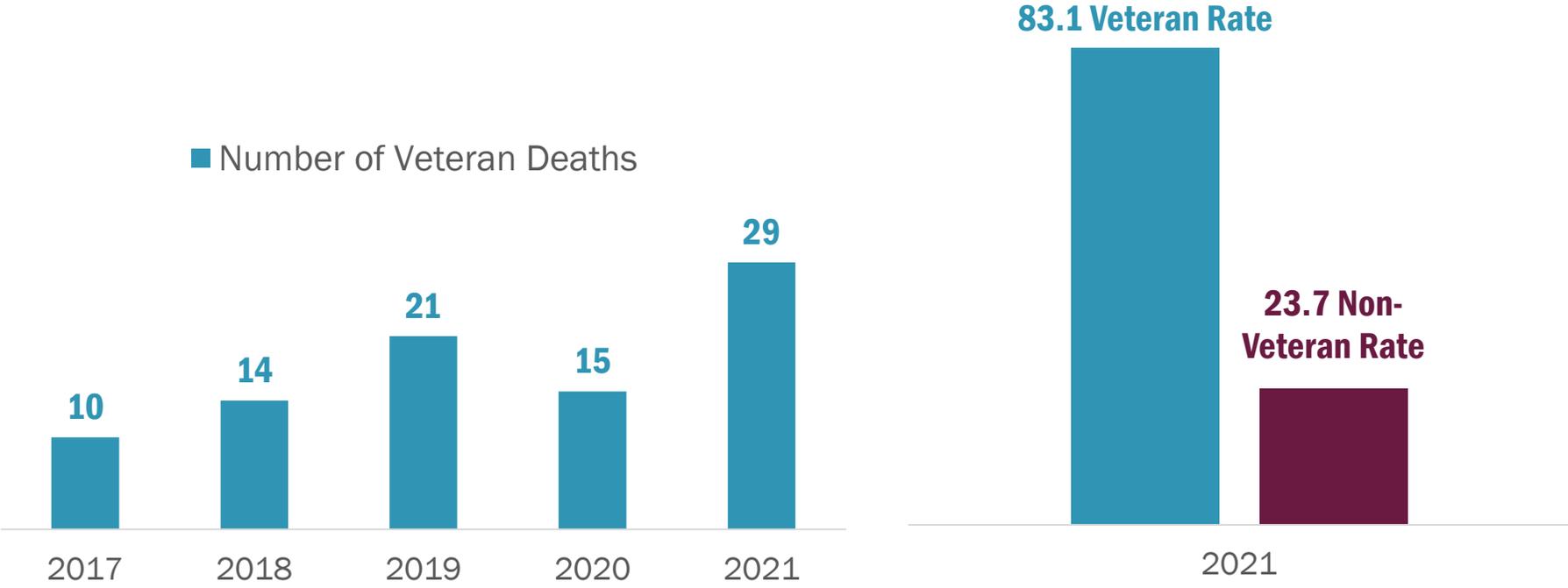
LGBTQ+

Youth are much more likely
to have more risk and
fewer protective factors

VTers w/ Disability

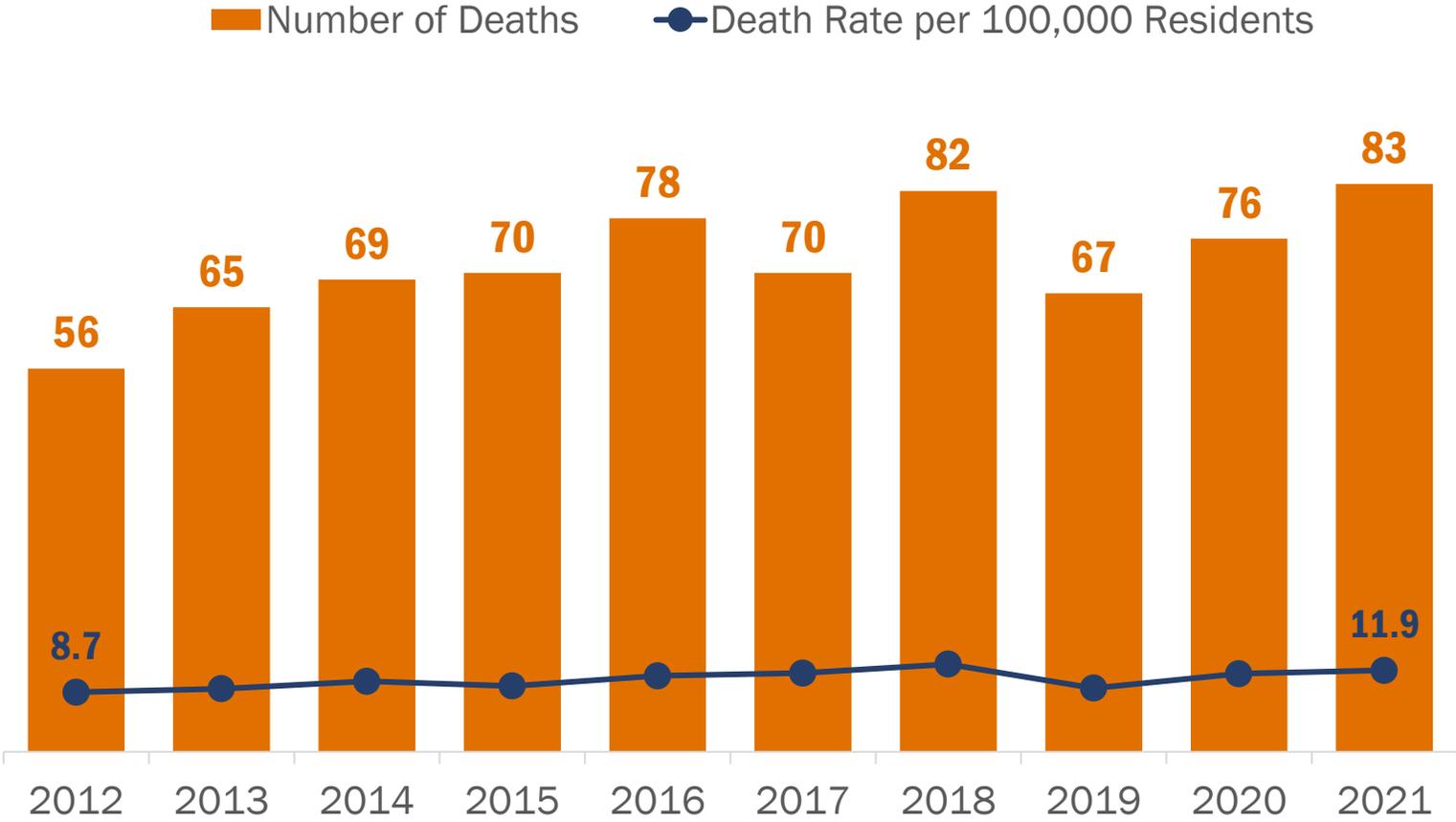
61% of all adults who
seriously consider suicide
have a disability

Veterans Have a High Rate of Suicide Death.



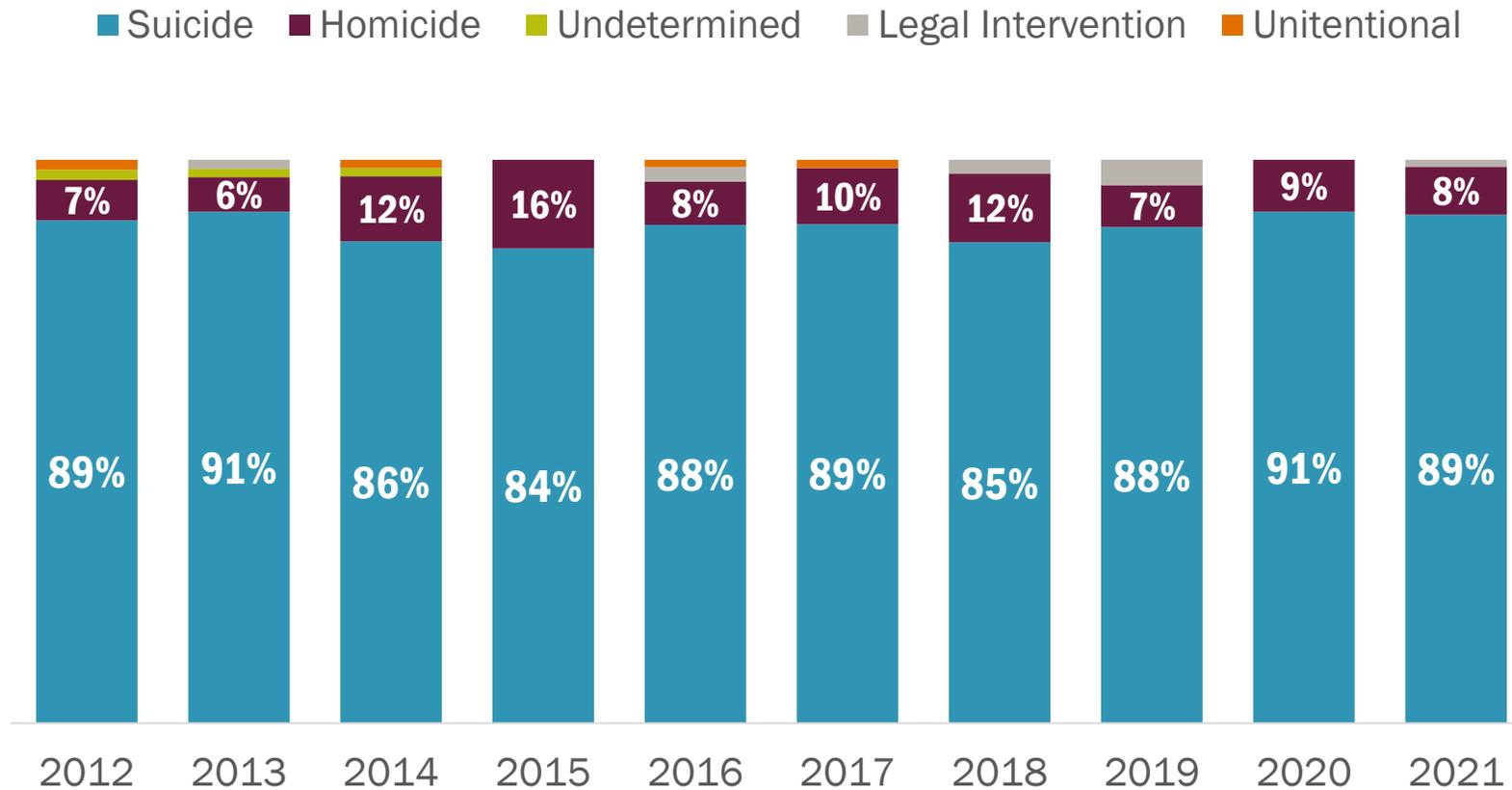
Source: Vermont Vital Statistics, 2017- 2021; American Community Survey 5-year estimates 2017-2021.

Firearm Deaths Have Not Significantly Changed



Source: Vermont Vital Statistics, 2012-2021.

Nearly All Firearm Deaths are Suicide



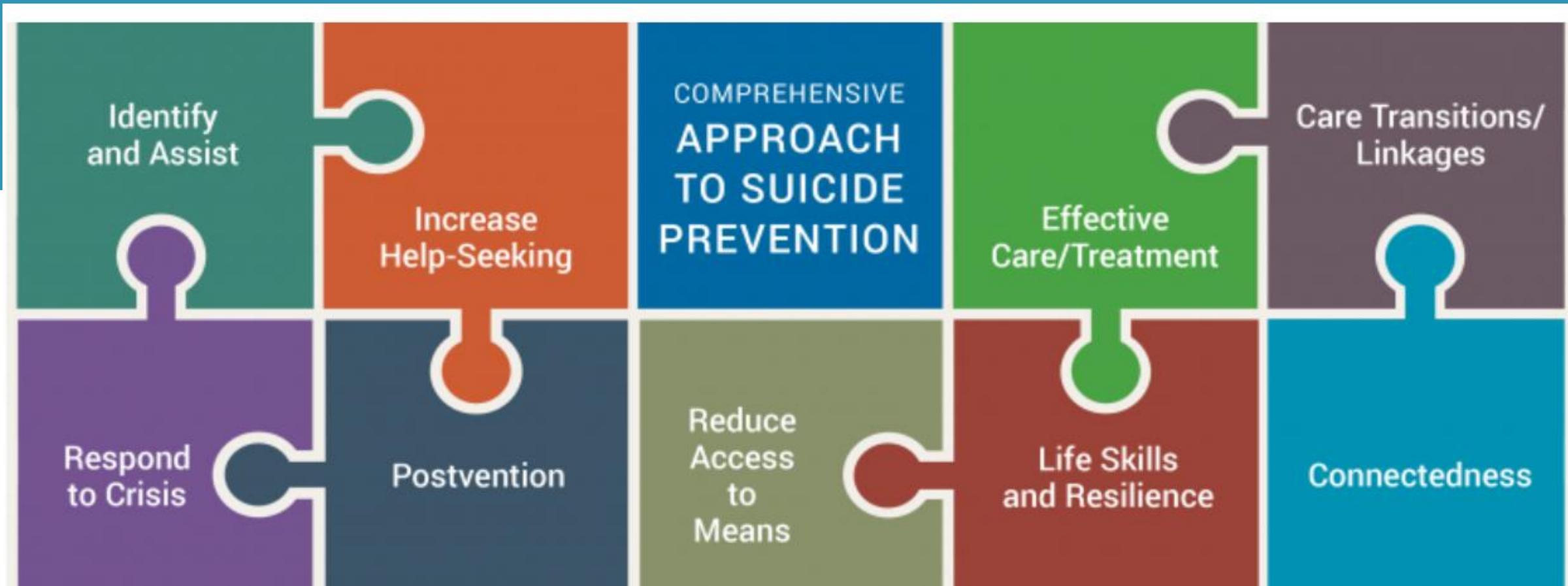
Source: Vermont Vital Statistics, 2012-2021

Vermont Department of Health

Public Health Approach to Suicide Prevention

- Public Health: The science of protecting and improving the health of entire populations and their communities.
- Population approach and primary prevention are critical to suicide prevention
 - People at risk often do not seek help:
 - **Only 37% of Vermonters who died by suicide were engaged in mental health treatment at the time of their death**
- Suicide Prevention + Public Health = expanding suicide prevention beyond the mental health treatment system into communities, healthcare, and the general public

“All Vermonters have a role in facing suicide”
FacingSuicideVT.org



Comprehensive Approach to Suicide Prevention

Suicide Prevention Resource Center:
<https://www.sprc.org/effective-prevention/comprehensive-approach>

Department of Health: Suicide Prevention Grants and Programs

Grants/Funding:

- Centers for Disease Control and Prevention (CDC) Comprehensive Suicide Prevention (CSP) Grant
- Substance Abuse and Mental Health Services Administration (SAMHSA) Garrett Lee Smith Youth (GLS) Suicide Prevention Grant
- Title V Maternal and Child Health Block Grant (MCHB)*

** Not specific to suicide prevention*

Comprehensive Suicide Prevention (CSP) Grant: Overview

- 5-year Grant from Center for Disease Control and Prevention: September 2020 – August 2025
- Support 10% decrease in morbidity and mortality among Vermonters Ages 15 – 64
- Expand prevention to focus populations
 - LGBTQ+, Rural, Men, Living with Disabilities
- Support suicide prevention broadly across community programs, employers, healthcare, and the general public
- Improve public awareness and access to suicide prevention resources
- Co-managed by the Department of Mental Health

CSP Grant: Strategies and Activities

- **Enhance Data Surveillance**
 - Monthly Suicide Reports, Population Data Briefs, Suicide Data Linkage Project
- **Expand Suicide Awareness trainings for social services agencies and community partners**
 - Mental Health First Aid, Umatter, Question Persuade Refer (QPR)
- **Reduce Access to Lethal Means**
 - Counseling on Access to Lethal Means and Safe Storage in healthcare settings
 - Public Promotion of Safe Storage
- **Expand Supports for At-Risk Occupations (First Responders, Farmers, Construction)**
 - Farm First
 - Project Secure for First Responders
 - Mental Health and Overdose Prevention Construction Project

CSP Grant: Strategies and Activities

- **Improve Postvention Response to Suicide Loss**
 - Statewide Assessment and Planning
 - Statewide training and First Responder Postvention Guidelines and Resources
- **Support Suicide Safe Care among Healthcare Providers**
 - Emergency Department Suicide Prevention QI Project
 - Suicide Safer Care Mini-Grant Project for Primary Care
- **Increase Access to Suicide Mental Health Care via Telehealth**
 - Training for Suicide Treatment (CAMS) via Telehealth
- **Public messaging and campaigns to promote suicide prevention awareness**
 - Facing Suicide VT: FacingSuicideVT.com

CSP Grant Outcomes: 2022

- Active Partnerships with over **80 private and public organizations**
- **100 % of Hospital ED's** Engaged in Suicide Prevention Quality Improvement
 - **281 Hospital ED staff trained** in Counseling on Access to Lethal Means
- **212 Professionals trained** in Suicide Awareness and Support
 - Farmers, First Responders, Pharmacists, Librarians, Community Action, Attorney General
- **1,878,383 clicks, views and engagements** of Facing Suicide Social Media
- **7,565 new visitors** to Facing Suicide VT Website
- **416 Views** of Facing Suicide “Real Stories” of Vermonters Affected by Suicide
- Completion of **Postvention Statewide Assessment and Plan**
- Establishment of **5 Regional Peer Networks for First Responders**
 - Recruitment and training of **61 First Responder Peers**
- **265 MH Clinicians** trained in suicide treatment via telehealth

Garrett Lee Smith (GLS) Youth Suicide Prevention Grant

- 5-year Grant from Substance Abuse and Mental Health Services Administration: September 2022 – August 2027
- Reduce suicide deaths and attempts among Vermont youth Ages 10 – 24
- Expand prevention to focus populations
 - LGBTQA Youth, BIPOC Youth, Child welfare and justice-involved youth
- Support suicide prevention broadly across schools, youth programs (afterschool), mental health and healthcare, child welfare and juvenile justice
- Promote youth mental health and wellness
- Improve supports for Families
- Coordination support from Department of Mental Health

Garrett Lee Smith Grant: Activities

- Youth and teen Mental Health First Aid
- Umatter Suicide Prevention for Schools
- Improving Youth Suicide Treatment and Care Transitions (Zero Suicide)
- Expanding Family Supports (Finding Hope Support Groups, Bereavement Support)
- Reducing Access to Lethal Means (e.g., Safe Storage)
- Improving Social Connectedness Among Populations of Focus
- Public Health Campaigns to Promote youth mental health and wellness
- Enhanced Data Analysis

Maternal and Child Health - Youth Suicide Prevention

- Priority of the Division of Maternal and Child Health
- Title V Maternal and Child Health Strategic Plan
 - Youth choose healthy behaviors and thrive
 - Children live in safe and supportive communities
- Funding provided to community organization who create opportunities for meaningful youth engagement
 - Vermont Afterschool
 - Getting to Y
 - Center for Health and Learning

Other MCH Youth Suicide Prevention Initiatives

Child Psychiatry Access Program (CPAP) through Community Health Center

- Help Me Grow will soon partner with CPAP care coordinators to expand offering to families connected to CPAP

Funding provided to the Vermont Center on Children Youth and Families

- Suicide Planning Team

Mental Health Integration Council

- Pediatric Subcommittee

Child Fatality Review Team

Supports for Families Affected by Suicide

- American Foundation for Suicide Prevention
 - Support Groups
 - In-person and Virtual
 - 4 counties with ongoing groups
- Loss Groups and Counseling available through various public and private providers (Designated Agencies, hospitals)
- Informal loss groups
- Areas for improvement in First Responder postvention support
- CSP and GLS Grants will support bereavement support training and Finding Hope Support Groups

Thank you!

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Data Briefs

- [Disability and Risk of Suicide, 2022](#)
- [Suicide Mortality in Rural Vermonters, 2022](#)
- [Cannabis Use and Suicide Risk, 2022](#)
- [Male Suicide Morbidity and Mortality, 2022](#)
- [Interpersonal Risk and Protective Factors for LGBT Youth with a Suicide Plan, 2022](#)
- [Intentional Self-Harm and Death by Suicide, 2022](#)
- [Repeat Visitors to the ED for Suicide-Related Reasons, 2022](#)
- [Risk Factors Among LGBT Youth with a Suicide Plan, 2022](#)
- [Protective and Risk Factors for Youth with a Suicide Plan, 2022](#)
- [Firearm Injury and Death, 2022](#)
- [Suicide-Related Emergency Department Visits Infographic, 2022](#)
- [Intentional Self-Harm and Death by Suicide, 2022](#)
- [Industry and Occupation of Vermonters Who Died by Suicide, 2022](#)